LETTER TO THE EDITOR:

IN APPRECIATION

On behalf of the Appomattox Jr. Woman's Club, I would like to express through your newspaper our sincere appreciation to Mr. William Slagle for doing such an outstanding job as Town Manager for Appomattox during the past four years. Mr. Slagel has always been loyal to his town and to the people of Appomattox. He has played a large part in the success of the past four festivals co-sponsored by the Jr. Woman's Club and the Town of Appomattox. His part in the festivals has remained in the background and has not received the recognition it so richly deserved. Anytime, day or night, he was there to offer any advice or even physical work in order to make the festival an event for the people of the Appomattox Community to enjoy. Mr. Slagle was in part responsible for the First Annual Festival to be sponsored in 1973 promoting the Downtown Appomattox Project. His enthusiasm and eagerness in the downtown Appomattox project reflected his genuine concern for the betterment of Appomattox. As we see the renovation taking place, we can all be thankful to Mr. Slagle for his interest and loyalty to his town and for seeing that one of the most important projects of the town of Appomattox got underway. We sincerely hope that his accomplishments will be carried out fully.

Even though Mr. Slagle is no longer employed as our Town Manager, we respect him as one of the finest leaders Appomattox has ever had. He has left a hard position to be filled—one which can meet the high standards he set during his employment.

Again, the Appomattox Jr. Woman's Club salutes Mr. Slagle for his rewarding work and high ideals. Our club will be grateful to him forever.

Respectfully,
Mrs. Carolyn Thompson
1976 Festival Co-Chairman &
Club Reporter

Beta Sigma Phi Notes

Wednesday, Oct. 6th, found the Delta Zeta Chapter holding its first monthly meeting at the home of Christine Knight. Members and guests enjoyed a special program presented by Mrs. Shirley Walton, County Extension agent, on turning household throwaways into treasures. This program was very helpful as the chapter makes final plans for a Christmas Bazaar. At the close of Mrs. Walton's program refreshments were served by our hostess. A short business meeting followed.

On Oct. 20th the Delta Zeta Chapter held its second monthly meeting at the home of Cheryl LeGrand. The chapter's ways & means project of selling tupperware came to a close as members turned in orders. The social committeee discussed names of possible bands for the upcoming Valentine Dance; plans for a Halloween party and a Thanksgiving dinner. As the business meeting came to a close, refreshments were served and members took part in one of the most enjoyable times of the year; the revealing of secret sisters.

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Thank you, Ralph D. King

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GUNNOE'S PORK Sausage.. lb. $1.19
GWALTNEY BACON.... lb. $1.29
¼ SLICED PORK LOINS..... lb. 99¢

FRESH Picnics 5-7 lb. AVG. 49¢ lb.

SHASTA REG. or DIET Drinks 10 12-oz. CANS 99¢
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FREEZER QUEEN SALISBURY STEAK, MAN-SIZE BEEF PATTIES, CHARBROIL PATTIES or Sliced TURKEY 2-lb. PKG. 99¢

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FRESH FLA. ORANGES or Tangelos.....ea. 5¢
OLD FASHIONED FRESH Apple CIDER GAL. CONT. $1.79

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HAWAIIAN PAPAYA.....ea. 29¢
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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

TIPS FOR SAFER TRICK OR TREATING

The following are very important tips for a safer Halloween evening:

1. A parent should always accompany young children on their rounds. If a group is going out together, a responsible adult should follow to let people know that the youngsters are chaperoned.

2. Review pedestrian safety rules before children leave home. Dusk, the time of day when most children are out, is a particularly hazardous time. Remind children: to cross the streets only at corners; wait on the curb for a traffic light; look both ways before crossing; and walk on sidewalks, not roads.

3. Urge children to stay in their own neighborhoods where they are known. Tell them to avoid homes that are dark or dimly lit. Remember people who welcome Halloweeners generally leave lights on for them.

4. Never put candle-lit pumpkins outside where they can be knocked over accidentally. If neighbors have placed such jack-o-lanterns outside in the past, suggest they move them to a safer spot indoors. Never use candles in paper maché or plastic pumpkins or other such home decorations.

5. Set a time limit for trick or treating. About one hour is sufficient for ages up to 13. Older children also should be told when to be home. Let them know special refreshments will await them when they get home from being out on a cold night.

6. Emphasize to the children that they are not to eat any goodies they collect until they get home. Adults need to supervise the unpacking of the trick-or-treat goodies.

Have a good Halloween! Be extra thoughtful to the little spooks and goblins in your neighborhood. This is an ideal time for adults to set a good example for children.

RECIPE OF THE WEEK
APPLE ROLL

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
⅓ cup butter or margarine
⅔ cup (approx.) milk
3 cups chopped (medium fine) pared tart cooking apples, syrup, see below

In a medium mixing bowl, stir in flour, baking powder and salt. With a pastry blender cut in the butter until fine. With a fork gradually stir in enough milk to make a soft dough; form into a ball. On a floured pastry cloth with a floured stockinet-covered rolling pin, roll out the dough to a 14 x 10 inch rectangle; it will be about ¼ inch thick. Sprinkle with the apples, leaving a ½ inch margin. From the 14 inch side roll up tightly; seal seam by pinching together; fold over each end twice to seal. Place seam side down in a buttered 2-quart oblong glass baking dish (11⅞ X 7½ X 1¾ inches) or similar utensil. Holding a fork slantwise, prick the pastry across the top in 8 similar vents in the middle of each side of the roll. (This venting will keep the top of rolls from cracking.) Bake in a preheated 375 degree oven until golden brown - 40 minutes. Pour the hot syrup over the roll and bake 5 minutes longer. Serve hot. Makes 8 servings.

Syrup: Shortly before the apple roll has finished baking, in a medium saucepan over moderate heat stir together 1½ cups sugar, 1 cup water and ¾ teaspoons cinnamon until sugar dissolves and mixture comes to a boil; do not boil further. Syrup should be hot before using as directed: if necessary, reheat, but do not boil.

Virginia Lung Association

The board of directors of the Central Region, Virginia Lung Association, with A.L. Starling, president, presiding got down to Christmas business at its meeting Monday night in Prince Edward County Court House and elected Mrs. Essex Moseley, of Charlotte County, as the 1976 Honorary Christmas Seal Campaign chairman for the Central Region.

Announcement was made that most of the Christmas Seals were in the mail from the Richmond office and it was hoped that a good response would be received from them. This is the principal method by which the association raises funds.

Dr. Charles W. Scott, reporting as chairman of the medical education committee, said the old TB Association did a wonderful job over the years but there is still much left about which to educate people in regard to other respiratory diseases. Smoking is not all. More and more is being learned and people must be educated on prevention and cure.

A conference will be held at Halifax General Hospital on November 15 with the association furnishing a speaker, Dr. George M. Bell, of Roanoke, who will talk on 'Diseases of Infants and Children.' The association is expecting to apply for a grant of $30,000 for the study of crib death about which little is known at the present time.

Dr. Scott said that the local health center had received some swine flu serum for children and higher risk people. Some of the material with a tendency to cause a reaction itself is paid for by the federal government but those receiving it from the family doctor pay his fee, Dr. Scott said.

Speaking on the Craft Guild run once a week by the Central Region, Mrs. Emma G. Anthony, program director, said the people attending had improved "spiritually, mentally, and physically. They seemed to be enjoying the work & the articles they are making now in preparation of Christmas." She added that the guild "is one of her chief loves." Some of the articles will be for sale at the Armory on November 2.

A resolution of appreciation was expressed for the faithful work done by Mrs. Kathy Doss, former Central Region secretary, and by Robert Shields, former assistant director of rehabilitation. Mrs. Anthony introduced the new secretary, Mrs. Lori Webb, and new assistant director, Joseph Coffman.

G.G. Harriss, chairman of the finance committee, gave his report. Ideas for raising funds were discussed and reports given of Walkathons being held in Farmville, Nottoway, Charlotte, and Lunenburg Counties; Bowlathons at Longwood College and Lynchburg, South Boston and Danville. A suggestion was made that the participants wear posters advertising their sponsor. Other ideas were a contest to find 'Miss Christmas Seal,' a Telethon, and Memorial and Special Gifts programs.

Miss Angie Ward, of Prince Edward County High School youth Board, reported the board plans a Christmas project, won second place at the Five County Fair much volunteer work being done and health points emphasized. The board is doing a good job, according to Mrs. Anthony, and is working with elementary students to give teachers a short time for rest.

Miss Anna Dickhoff, past president and representative director, announced the annual fall board meeting of the state association will be held in Richmond at the Hyatt House on Saturday from 10:30 a.m. to 12:00 and 1:30 to 5 p.m. to be followed by a hospitality hour from 6 to 7 p.m., banquet from 7 to 9:30 p.m.

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EMERGENCY CALL FOR HELP

It could be fatally time-consuming to search through a phone book for a number during an emergency. Have them posted in an obvious place near the telephone.

If it's night and the lights won't work or you've been blinded by smoke, dial "operator." Feel for the dial opening just beneath the finger stop and pull around. If you've got a push-buttom phone know where the "O" is located - now!

Here are major points to cover in an emergency call for help:

1. Tell where it happened. Give your complete address. Repeat it. A brief description of the house will help, especially at night.

2. Tell what happened. Is your house on fire? Is someone bleeding badly? Has someone had a heart attack?

3. Tell who you are. This is important where the emergency is not obvious from the outside, especially in an apartment house. Also, a neighbor is more likely to know your name than your number.

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